

5 A-Day

Colorful fruits and vegetables provide a wide range of vitamins, minerals and fiber that your body uses to maintain good health and energy levels. A variety of fruits and vegetables can lower your risk of cancer and heart disease.

Increasing fruit and vegetable intake is the most important step Americans can take to make healthy food choices and achieve better health. People who consume a diet rich in fruits and vegetables can reduce their risk for heart disease, type 2 diabetes, high blood pressure and some cancers. Fruits and vegetables are low in calories, high in fiber, and can help to control weight.

How Many Fruits & Vegetables Do I Need Each Day?

The amount of fruits and vegetables you need every day for optimal health depends on your age, gender and physical activity level.

Women		Men	
Ages 19-30	4 ½ - 5 cups	Ages 19-30	5 - 5 ½ cups
Ages 31-50	4 - 4 ½ cups	Ages 31-50	5 - 5 ½ cups
Ages 51+	3.5 - 4 cups	Ages 51+	4 ½ - 5 cups

* The chart above is based on moderately active lifestyle that includes physical activity equivalent to walking 1.5 to 3 miles per day, in addition to the light physical activity associated with typical day to day life. To access additional information about the amount recommended for your personal needs, go to www.myplate.gov.

Eat Your Colors Every Day to Stay Healthy & Fit

Try including a colorful variety of fruits and vegetables from each of the five color groups in your low-fat diet every day, you can help maintain:

- A healthy heart
- Memory function
- Vision health
- A healthy immune system
- Strong bones and teeth
- Healthy weight levels
- A lower risk for some cancers
- Urinary tract health

Easy Tips For Getting A Colorful Variety

- Make a quick smoothie using frozen fruits
- Add frozen mixed vegetables to canned or dried soup
- Save time with pre-cut vegetables and salad mixes
- Toss fruit into your green salad for extra flavor, variety, color and crunch
- Keep a bowl of easy-to-grab, washed fruit on the counter or in the fridge
- Add sautéed vegetables or dried fruits to rice or grain dishes
- Add apples, raisins, or pineapple chunks to salads like chicken, tuna or pasta

(more on back)

Be Active // Be Healthy

The Color Groups: Green, Red, White, Blue/Purple and Yellow/Orange

The best way to get all of the good things in fruits and vegetables is to eat a colorful variety of them. No one fruit or vegetable has all the things your body needs to be strong and fit. Have fun and be daring - don't be afraid to try new fruits and vegetables. You may discover new favorites!

Here is a sample of the rainbow that awaits:

Avocados
Green Apples
Green Grapes
Kiwi fruit
Green Pears

Artichokes
Arugula
Broccoli
Green Beans
Leeks

Blackberries
Blueberries
Black Olives
Plums
Raisins

Black Beans
Black Soybeans
Fava
Eggplant
Purple Peppers

Red Apples
Blood Oranges
Cherries
Cranberries
Red Grapes
Pomegranates

Beets
Red Peppers
Radishes
Red Onions
Rhubarb
Tomatoes

Bananas
Dates
White Nectarines
White Peaches
Brown Pears
Cherimoyas

Cauliflower
Garlic
Ginger
Jicama
Mushrooms
Soybeans

Apricots
Cantaloupe
Grapefruit
Lemons
Mangoes
Peaches

Squash
Pumpkin
Sweet Corn
Sweet Potatoes
Yellow Tomatoes
Yellow Split Peas

Resources

Nebraska Nutrition & Activity for Health
5 A Day The Color Way
U.S. Department of Agriculture

www.dhhs.ne.gov/nafh
www.fruitsandveggiesmatter.gov
www.myplate.gov

For More Information:

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